

within 20 minutes of quitting...

Within 20 minutes **after you smoke that last cigarette**, your body begins a series of changes that continue for years.

20 Minutes After Quitting

Your heart rate drops.

12 hours After Quitting

Carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting

Your lung function begins to improve.

Your heart attack risk begins to drop.

1 to 9 Months After Quitting

Your coughing and shortness of breath decrease.

1 Year After Quitting

Your added risk of coronary heart disease is half that of a smoker's.

Quit for Good. Quit for Free.

If you're between the ages of 13 and 17 there are Quitline Iowa services available to you at no charge. Visit quitlineiowa.org to enroll in web coaching or call 1-800-QUIT NOW.



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669